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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

Douglass--6017

SUBJECT: "SOUPS FROM STURDY STOCK." Information from home economists of the U.S. Department of Agriculture.

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★ APR 1 1943 ★

U. S. Department of Agriculture

MONDAY, March 1, 1943.

3Hh  
p.1  
Let's talk about soup today....nourishing, filling soup for a cold

March day to "warm the cockles of the heart," as the saying goes. The wartime cook is wise to make soup one of her specialties. For the makings of delicious soup can be parts of food that otherwise might go to waste..... bones and the trimmings of meat and vegetables as well as the liquid left from cooking vegetables. Many odds and ends that might be thrown away can help in the soup pot.

You have been hearing a lot lately about saving every bit of fat from meat. But have you also considered making use of every bone? Bones left from roasts, steaks, chops, or any other cut.... bones from chicken, and the feet and neck.... bones of the ox-tails now for sale at meat markets... as well as the knuckle bone which is the traditional "soup bone." Cover any of these bones with water and add vegetable trimmings to make the "soup stock" which is the foundation of more kinds of soup than you can count. Bones give the stock flavor as well as some calcium and protein, especially gelatin. The vegetables you add can contribute some of the vitamins and minerals also. If you add tomato to your soup mixture, that will help dissolve even more calcium from the bones. These are days when every bit of calcium counts..... when bones, trimmings and peelings all can do their bit toward nourishing your family.

Here are some of the odds and ends that can go in the soup kettle along with the bones.... outer leaves of lettuce and cabbage... tomato peelings.... onion leaves.... clean carrot parings.... stem ends, seeds and inner pulp of green peppers. Of course all these will have to be strained out after they have



surrendered their flavor to the stock. But when the soup is strained and it's time to add the vegetables you will serve in it, you can add chopped parsley, celery leaves, and other green herbs from the window box or garden. You don't need to remove these.

One thing to remember about the vegetables for soup stock is that though onions and celery are good in almost any soup mixture, such distinctly flavored vegetables as cabbage and beets are best used separately. They don't always mix with the happiest results in flavor.

So remember, soup stock can be simply bones, trimmings of meat and trimmings of vegetables with water to cover. Simmer an hour or so and strain. That's the foundation of the soup. To this you can add vegetables and rice or barley for thickening if you wish. The more you add, the heartier your soup. When these foods are added cook them in the soup broth until they're tender.

A very famous hearty soup that is almost a complete meal with a salad of fresh greens.... is French onion soup. Here is how you make French onion soup for a family of 5 or 6: Chop fine 6 medium-sized onions and cook them in 2 tablespoons of fat until they turn yellow. Add one pint of hot water and simmer 20 minutes until the onions are tender. Now add one quart of meat stock... or broth. Make a smooth paste of 4 tablespoons of flour and 4 tablespoons of cold water. Add some of the hot liquid to the paste and then stir into the soup. Add salt and pepper. Boil a few minutes to thicken. Pour the soup into bowls or soup plates. On each bowl place a slice of toasted bread ..... sprinkle grated cheese over the toast and soup. Serve at once.

Meat stock..... onions.... bread..... and cheese.... a meal in itself.

Another hearty and famous soup is ox-tail soup. Most meat markets are selling ox-tails or other meat tails these days. Two will be enough to make soup for a family of 5 or 6. Here is how to make it: Disjoint the ox-tails into





short lengths, wipe dry, and brown in fat. Brown 2 onions, sliced, in the drippings. Then add to the ox-tails. Add one and a half quarts of water and cook until the meat on the ox-tails is almost done. Now cut up 4 carrots, 2 turnips, and 1 large potato. Add these vegetables to the soup and cook all together until the vegetables are tender. Then add salt, pepper and a small amount of flour mixed with cold water to thicken. Sprinkle with chopped parsley and garnish with slices of lemon. Add a little Worcestershire sauce if you have it.

Here is how to make a good vegetable soup with a meat stock foundation. Chop 1 green pepper and 1 onion. Add 1 cup of diced carrot, 1 cup of diced turnip, 2 cups of diced potato, and a cup and a half of finely chopped celery and leaves. Cook all these vegetables about 10 minutes in 4 tablespoons of fat in the frying pan. Then add the mixed vegetables to 2 quarts of meat stock along with 2 cups of tomato juice and pulp. Season with salt and pepper and simmer until the vegetables are tender.

To make this vegetable soup a complete main dish, add little meat balls.... balls of chopped cooked liver are good. Or serve cheese toast with the soup.

To make the soup thicker and heartier, you can add macaroni, rice, cooked oatmeal or barley. Or add stale bread cut in small squares and toasted. If you like that good brown color in soup, brown the vegetables in the fat before you add them to the stock.... or brown the flour you use for thickening by "toasting" it in the frying pan.

If you like a little acid taste in soup, call on tomato.... or a bit of lemon juice.... or even a tablespoon of sour cream on top.

To vary the flavor, use different seasonings.... a few chopped chives or leeks..... a bit of garlic..... or a couple of cloves cooked with the stock... or a pinch of thyme.... or a bayleaf.

The best soups call for imagination as well as different ingredients. Use the odds and ends and leftovers with imagination.... and season with imagination, too. Then the family will enjoy "soup night" as well as any supper in the week.

